

**Library of Congress  
Health Services Division  
Mental Health Resources for Staff**

The Library's Chief Medical Officer Dr. Sandra Charles reminds us that during this challenging time, it is important to take care of our mental as well as physical health. Some people within our Library community are experiencing personal loss and grief during this period, as well as growing anxiety over the changes that are impacting daily life.

Everyone reacts differently to stress, depending on our cultural background, our environment and our own unique make-up. The Centers for Disease Control and Prevention (CDC) advises that the people most at risk for high stress reactions are:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

This may manifest as:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs

If you or someone you care about is feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others, please take action:

- Contact the Library's Employee Assistance Program (EAP) hotline at (800) 869-0276 to speak with a counselor
- Employees can access [additional EAP resources available to Library staff](#)
- Contact your local mental health crisis hotline
- Call 911 for a critical crisis
- Contact Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: (800) 985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- Visit the CDC website on [managing anxiety & stress](#)